

Table 1. Demographic characteristics of the study population	
Age (years)	Mean (SD)
Male	55.2 (10.5)
Female	56.8 (11.2)
Education (years)	Mean (SD)
Male	12.5 (2.1)
Female	12.8 (2.3)
Marital status	
Married	78%
Single	22%
Occupation	
Professional	35%
Managerial	25%
Skilled	20%
Unskilled	20%
Income (USD/month)	Mean (SD)
Male	1200 (300)
Female	1150 (280)
Health insurance	
Yes	85%
No	15%
Smoking status	
Smoker	30%
Non-smoker	70%
Alcohol consumption	
Yes	10%
No	90%
Family size	Mean (SD)
Male	3.5 (1.2)
Female	3.8 (1.3)
Urban/rural	
Urban	65%
Rural	35%

Table 1. Demographic characteristics of the study population	
Age (years)	65.0 ± 10.0
Gender	
Male	45 (67.7%)
Female	21 (32.3%)
Education (years)	12.0 ± 3.0
Marital status	
Married	35 (53.8%)
Single	10 (15.4%)
Widowed	15 (23.1%)
Divorced	1 (1.5%)
Occupation	
Retired	30 (46.2%)
Unemployed	15 (23.1%)
Employed	10 (15.4%)
Income (USD/month)	1000.0 ± 500.0
Health status	
Good	30 (46.2%)
Fair	15 (23.1%)
Poor	10 (15.4%)
Chronic diseases	
Hypertension	15 (23.1%)
Diabetes	10 (15.4%)
Heart disease	5 (7.7%)
Stroke	3 (4.6%)
Arthritis	12 (18.5%)
Other	8 (12.3%)
Medication use	
Yes	25 (38.5%)
No	20 (30.8%)
Smoking status	
Current	5 (7.7%)
Former	10 (15.4%)
Never	20 (30.8%)
Alcohol consumption	
Regular	5 (7.7%)
Occasional	10 (15.4%)
Never	20 (30.8%)
Family size	3.0 ± 1.0
Living alone	5 (7.7%)
With family	20 (30.8%)
Access to healthcare	
Yes	30 (46.2%)
No	10 (15.4%)
Transportation	
Own car	15 (23.1%)
Public transport	10 (15.4%)
Family support	
Strong	20 (30.8%)
Weak	10 (15.4%)
Community involvement	
Active	15 (23.1%)
Passive	10 (15.4%)
Volunteering	
Yes	10 (15.4%)
No	20 (30.8%)
Religious beliefs	
Religious	20 (30.8%)
Secular	10 (15.4%)
Other	5 (7.7%)
Life satisfaction	
High	15 (23.1%)
Low	10 (15.4%)
Overall health perception	
Excellent	5 (7.7%)
Very good	10 (15.4%)
Good	15 (23.1%)
Fair	10 (15.4%)
Poor	5 (7.7%)